

Advancing Health...

Caring for People

Fall/Winter 2021

Thank You!

Giving with Meaning

Congratulations to Aspirus Physician Dr. Derrick Siebert, MD, on being awarded the Kenneth M. Viste Jr., MD Young Physician Leadership Award by the Wisconsin Medical Society Foundation. The award is presented annually to a young physician in the state of Wisconsin that demonstrates a commitment to their patients, community, and the medical profession.

Dr. Siebert is a board-certified Radiologist with Aspirus Health at Radiology Associates of Wausau, Aspirus Ironwood Hospital and Aspirus Wausau Hospital.

In addition to the engraved award presented to Dr. Siebert, the Wisconsin Medical Society Foundation makes a contribution to a charitable organization selected by the award recipient. Dr. Siebert and his wife, Sonya, selected the Aspirus Health Foundation to support the Anya Marie Jackson NICU at Aspirus Wausau Hospital, and also decided to personally match the \$1,000 gift as they have a special connection with their son, Colin, now 4, having spent time there.

But their giving didn't stop there. The Siebert family supports Aspirus Wausau Hospital in a number of ways. They donate memory boxes for parents that lose their baby to miscarriage. And recently created "treasure chests" for the Radiology department to let kids choose a toy after completing a difficult or scary exam.

Dr. Siebert expressed his appreciation to the Wisconsin Medical Society Foundation stating, "A person like Dr. Viste, that leaves the kind of legacy he did, serves as a positive example for young

physicians such as myself to strive towards. It reminds me that while some things may change in medicine; paper charts to computer, manual stethoscopes to electronic, the important things like taking the best care of your patients remain unchanged."

Thanks to the Siebert family and donors like you, when you support Aspirus Wausau Hospital through your

contributions to the foundation, you make a difference for families during difficult times.



Thank you to Dr. Siebert and family for your special gifts and caring hearts!

Thank you community partners and supporters!

Our first in-person event since the beginning of the pandemic was held outside, on Monday, August 2nd, 2021 at Wausau Country Club. It was wonderful to be with our community of friends, sponsors, businesses and donors to enjoy a beautiful day of golf while supporting the enhancement of patient care at Aspirus and its services to the community.

The Aspirus Health Foundation Women's Golf Classic had more than 190 golfers, caddies, volunteers, businesses, and community members who partnered with Aspirus Health Foundation to raise funds and have fun.

“Together, we raised \$78,000, with proceeds to help kids build healthy brains through the Reach Out and Read program at Aspirus Clinics, to help individuals receive breast health services through the Breast Health Assistance Fund, and help patients and families in need of a place to stay at the Aspirus Family House during a medical crisis and when traveling for specialty care,” said Kim Smerda, Fund Development Specialist for the Aspirus Health Foundation.

“Each year our golfers, caddies, and sponsors amaze us with their generosity and creativity in their costumes and cart decorations. This year we added an online auction. We are so grateful for the support of our staff and community; and could not do it without them,” said Kim.

A huge thank you to everyone involved who helped contribute to this successful fundraiser!



Miron's team of "Trolls"

Festival of Trees: Magic Returns in 2022

For 24 years now, Aspirus Health Foundation Festival of Trees has kicked off the holiday season during Thanksgiving week to support end of life care in our community. This event has been a tradition for thousands of our community members. It is a time for thinking of others and giving of ourselves.

With ongoing challenges presented by COVID and with an abundance of caution based on where the community is with the pandemic, Aspirus Health has placed a restriction on holding in-person events this year. **We feel it is important to celebrate our 25th year in person and have made the difficult decision to cancel the 2021 Festival of Trees and return with a fun, festive, safe, and in-person event in 2022.**

If you are interested in supporting Aspirus Comfort Care & Hospice Services or a community room night at the Hospice House, please go online to aspirus.org/foundation, call 715-847-2470 or mail gifts to Aspirus Health Foundation, 425 Pine Ridge Blvd, Wausau, WI, 54401.

Supporting Those Who Need Us Most

Your help offers a lifeline for people who can't afford their medication

Together, we remove financial barriers to help patients start and stay on treatment. Treatment can't wait when you have a serious health condition. But delaying or going without medical care because of cost is the reality for people today.

Your gift gives people hope by assisting to get their prescribed medications and treatments.

-A patient lost his job due to Covid cuts at his place of employment. He was unable to afford his insulin and was in the process of getting unemployment. **YOU helped** him get the medication he needed until he was able to pay for it on his own.

-A child saw their doctor for breathing concerns. He was in need of an inhaler but waiting on Medicaid coverage. The family was unable to afford the costly inhaler and nebulizer treatment. **YOU helped** to get the child what he needed so he could stay off oxygen and out of the hospital and Emergency Department.

-A patient ran out of her insulin while in transition to getting better insurance. She couldn't afford insulin in the interim. **YOU helped** her stay on her insulin during her transition.

Patients are extremely grateful because of your support

This short-term assistance can help put their minds and hearts at ease, giving them the ability to focus on what is most crucial – restoring their health and wellbeing.

Every donation given by kind and compassionate people like you truly makes a difference in the lives of patients we serve. Thank you!



Generosity is Something You Can Give Back

Gifts to the Aspirus Health Foundation help people in our community by helping address the greatest health needs of our community, and by supporting programs and services for patients at Aspirus. As a donor, you are an important part of our mission work and giving to the greatest needs offers you the broadest framework for charitable giving in the present and the future.



ASPIRUS HEALTH FOUNDATION

Aspirus Family House *Season of Hope*

**HELP STOCK THE
FAMILY HOUSE**

ONLINE AUCTION & WISHLIST DRIVE
BIDDING NOV 23-28 NOV 28-DEC 28

Online Auction - Check items off your list!

Donate. Bid. Support.

BIDPAL.NET/FAMILYHOUSE

Keeping the family house stocked with basic necessities requires a lot of donated supplies. For health and safety concerns, we ask that all donated items be new, unopened and unexpired.



GIFT CARDS: The family house also requests the following Wausau area gift cards: Grocery stores, gas stations & department stores.

**Donations can be dropped off at Aspirus Family House Wausau
8a-6p M-F, & 9a-4p Sa & Su. Questions? 715-847-2470 or ahf@aspirus.org**

Thank You

Aspirus Family House

Helping Those Who Need to Travel for Care

Guests Joy & Wally

When Joy and family arrived at the family house hope was dwindling their loved one would survive. But an amazing thing happened, he fought his way back to his family with the grace of God, amazing doctors, and unbelievable support.

“The Aspirus Family Home is Amazing! I wouldn’t have been able to visit or be an advocate for my husband if I didn’t have a place to stay. Wally had COVID 19 and was on a ventilator and getting dialysis. He was in the hospital for 78 days,” shared Joy from Ironwood, Michigan. “My stay was for 2 1/2 months. It was a very comfortable and safe place for me. The food brought in from hospital is large and delicious! The workers are very caring and helpful in times of stress. Thank you so much Aspirus Family Home!”



Wally, this “miracle man” as many called him, is here today at the Family House with his sweetheart Joy after 78 days in the hospital

Guests Jerry & Judy

Jerry had to travel to Wausau for heart care. Thankfully, he and his wife Judy from Hurley, WI, were able to stay at the Family House because of his 5am early morning appointment to receive a heart valve replacement. Jerry and Judy were back at the house enjoying food by the fire for dinner. It was hard to believe just hours ago he had a heart procedure. They were able to experience firsthand what a difference it makes to be able to have the Family House available as a patient with so many other things on their mind.

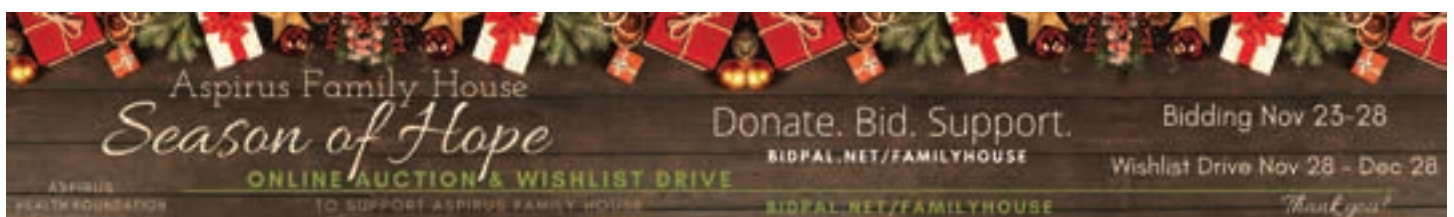
“A great experience with a great outcome! We are so happy to have been able stay so close to the hospital in our time of need. Everything was great! Thank you.”



Jerry and Judy travel to Wausau for an early morning heart procedure

Every day, hope is being restored for families and that translates to more lives saved and helped during a difficult time. None of this would be possible without your incredible support!

With your support, the Family House can keep the lights on and doors open for guests like Joy, Jerry, and Judy when they need it most.



Gifts Help Expand Treatment for Adult Trauma Patients

Creating healing, health and hope

Thanks to you, powerful tools will be available to help heal and enhance the quality of mental health care available in our community that enables people to heal from the symptoms and emotional distress that are the result of disturbing life experiences.

Gifts to the foundation help purchase light bars to be used during Eye Movement Desensitization and Reprocessing (EMDR) therapy helping both the patient and therapist.

EMDR is a mode of therapy designed to work through and resolve unprocessed traumatic memories in the brain that people sometimes get “stuck” on, and where feelings are tangled up. When the brain’s built-in adaptive processing system is blocked or imbalanced by the impact of a disturbing event, the emotional wound festers and can cause intense suffering. Once the block is removed, healing resumes.

“Light bars are beneficial by assisting clients to effectively and quickly take part in EMDR therapy by using the devices to engage in processing through

traumatic events. Without a light bar, there have been times that I had to delay treatment or reduce treatment,” said Rachael Frederick, LCSW, EAS & Behavioral Health Clinician at Aspirus Weston Clinic. “It also offers multiple ways to receive feedback (tactilely, audibly and visually) to engage their brains in the process more fully and in whichever way works best for them.”

This light therapy is helping some with painful memories heal

Those suffering from anxiety, depression, PTSD, and panic disorders benefit the most from this type of therapy and can also be used to treat addiction and eating disorders.

The goal of EMDR therapy with a light bar is to give people the tools to deal with past, present and future trauma and to focus on the positive.

Your gift supports the health of our community and helps give hope to those suffering.



Students Commit to Practice in Local Communities: 2021 Aspirus Scholars Recipients Named

Tackling the physician shortage is the focus of the Aspirus Health Foundation's Scholars Program. It provides generous scholarships for tuition to medical students studying at the Medical College of Wisconsin-Central Wisconsin Campus and connects them to Aspirus and the communities served by Aspirus during their training. In return, students commit to employment at Aspirus in the areas of primary care, psychiatry or general surgery.

A selection committee made up of Aspirus and community members from Wisconsin and the U.P. of Michigan screened the applications and selected the fifth class of Aspirus Scholars. In early 2021, three first year medical students accepted their scholarships in return for future employment with Aspirus:



*Jacob Elliot, 1st Year Medical Student
(Hometown: Wisconsin Rapids, WI)*



*Sara Johnson, 1st Year Medical Student
(Hometown: Crandon, WI)*



*Eric Weaver, 1st Year Medical Student
(Hometown: Wausau, WI)*

The Aspirus Scholars Program is a community collaboration to address the national physician shortage and meet the needs of people and communities in northcentral Wisconsin and Upper Michigan today and for future generations that could bring as many as 62 new primary care, psychiatry or general surgery providers to communities in north central Wisconsin and the upper peninsula of Michigan by the year 2030.

“This program was designed to offer additional opportunities for future physicians to train locally and fill an important need in our communities,” said Mathew Heywood, president and CEO of Aspirus Inc. “Securing these types of commitments early helps us supplement our efforts to recruit physicians to practice in rural areas.”

Thank you to our community partners whose generosity makes this important program possible to ensure caring and qualified medical providers for our community and beyond.

With dreams of serving their hometown communities in north central Wisconsin, three Medical College of Wisconsin (MCW)-Central Wisconsin students have been named Aspirus Scholars.

The incredible moment when

*A husband overcoming loss finds laughter.
A child struggling with fitting-in finds a friend.
A new mother fighting cancer finds hope.*

You have the power to change worlds. Supporting the **Aspirus Health Foundation** makes a direct impact on the well-being of our local families and communities.

Get involved at aspirus.org/foundation

